



APRIL 2020

This is for sure a month we are not going to forget. In this newsletter you are going to find information regarding the latest news from President Helldobler regarding campus procedures, how to utilize virtual campus resources, G.I. Bill updates regarding your educational benefits, and procedures for National Guard and Reservist students called to assist with efforts to combat spread of COVID-19.

It is important you stay healthy and motivated, that is why we are also including ways to accomplish those goals.

Our physical office is closed, however, we are working remotely. If you need assistance with anything or if you have any questions, please don't hesitate to contact the Office Coordinator, Silvia Barrera at: barreras1@wpunj.edu.

Let's start with dates you need to take in consideration this month:

April 6th— PRIORITY REGISTRATION. CONTACT YOUR ADVISOR IN ADVANCE TO GET YOUR PIN FOR FALL REGISTRATION!!! The enrollment form must be submitted separately for summer (if you are enrolled) and fall semesters.

April 6th— Deadline for the donor scholarship opportunity geared to veterans students: [Donor Scholarship](#) .

April 9th — Last day for 0% refund for academic withdrawal from a full semester course for Spring 2020 semester (NO REFUND) and last day to apply for a Leave of Absence

April 10th— Good Friday—No classes in session

Cancelled Events:

April 7 and April 16: Resume Writing Workshop and Veteran Networking: However, the Career Development Center is available for career counseling, resume/cover letter reviews, interview preparation, job search assistance, graduate school assistance and interest assessments (check Campus Virtual Resources in the next page for details).

April 29: Veterans Recognition Ceremony—Cancelled for now. We are currently discussing the appropriate way to celebrate this milestone.



OFFICE OF VETERAN AND MILITARY AFFAIRS

WP Campus Procedures Updates: This is the official link for campus updates from President Helldobler, health and prevention Information, and travel information: <https://www.wpunj.edu/covid19/index.html>

If you have COVID-19 symptoms, please notify your healthcare provider. If you are a diagnosed with, or are told you most likely have, COVID-19, please call the Counseling, Health, and Wellness Center at 973-720-2360.

Campus Virtual Resources: Most of campus services are now virtual.

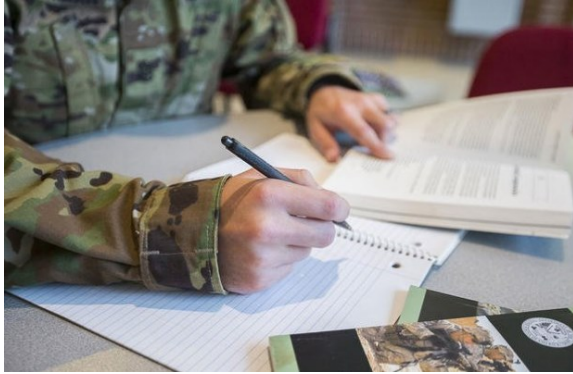
Please let us know @ barreras1@wpunj.edu if you do not have access to the resources to complete your school work such as access to a computer or internet.

- **Advisement & Registration:** Pre-Advisement Sessions will be held in Microsoft Teams. Individual appointments will be held remotely: <https://www.wpunj.edu/advisement-center/remote-advising-strategies/student-strategies.html>
- **Students guide to schedule Microsoft team meetings:** https://itwiki.wpunj.edu/index.php/Microsoft_Office_365#Microsoft_Teams
- **Counseling, Health and Wellness:** is continuing to offer services via Telehealth using phone and Microsoft teams. Patients may call 973-720-2257 for counseling appointments (24-hour on-call emergency counseling service is still available) and 2360 for health. <https://www.wpunj.edu/health-wellness/>
- **Accessibility Resources Center :** <https://www.wpunj.edu/accessibilityresourcecenter/>
- **Academic Success Center Online** – live tutoring via teams – check the schedule and how to connect here: <https://www.wpunj.edu/academics/asc/assests/spring2020etutoringschedulemaster7.pdf>
- **Career Development:** Appointments will continue to be available for career counseling, resume/cover letter reviews, interview preparation, job search assistance, graduate school assistance and interest assessments. Appointments will be available via phone, email, MS Team (Skype, Zoom, etc.) To schedule an appointment, please utilize Handshake, our on-line career management tool/job-internship board at <https://joinhandshake.com/login> or at careerdevelopment@wpunj.edu. To view job and internship opportunities utilize Handshake login and previously scheduled job fairs will be held virtually also through Handshake.
- **Science Enrichment Center Online** – also check their Blackboard page for information on sessions <https://www.wpunj.edu/sec/schedules/stugrALL.html>
- **Writing Center Online** – here's the handout that shows how to sign up for online appointments and how it works: <https://www.wpunj.edu/cohss/departments/english/writing-center/>
- **Tutor.com** – use the link on the main page in Blackboard; it's free, live and covers most courses with 24/7 access
- **Library** <https://www.wpunj.edu/library> : Chat with a Librarian" or "After Hours Chat" assistance from the Library homepage: VIRTUAL one-on-one research help with a Reference Librarian: <https://libraryh3lp.com/chat/chengreference@chat.libraryh3lp.com?skin=28364>



OFFICE OF VETERAN AND MILITARY AFFAIRS

G.I. Bill Updates:



- A new bill was passed on March 19 that allows VA to pay education benefits regardless of the fact that your program has changed from in person classes to online classes. Also, you will continue to receive the same monthly housing allowance payments that you received for on campus courses until 12/21/20, or until the school resumes normal operations.
- If COVID-19 is affecting someone's ability to repay their debt with the VA Debt Management Center, they can reach out to the DMC to request assistance at <https://gibill.custhelp.va.gov/> or call 1-888-442-4551
- Veteran resources during this epidemic: <https://www.military.com/us-military-coronavirus-response/what-military-connected-students-need-know-during-coronavirus-pandemic.html>

Stay Healthy and Motivated



Stay physically fit : Do something as simple as walking at least 30 mins a day. Eat healthy foods when possible while avoiding things like fried foods, processed meats, or heavy drinking.

WP Food Pantry is closed but if you need assistance please contact Liz Amaya-Fernandez in Counseling, Health & Wellness at amayafernandez@wpunj.edu for personal assistance with finding local resources or check the list of resources here: <https://www.wpunj.edu/enrolled/student-development/Pioneer-pantry>

Stay socially connected: Keep in touch with friends, family, or even join a virtual club (book clubs, online chats, etc...).

Stay on task: It may be easier said than done, but keep true to your routine. Don't let the current situation keep you from your completing your mission (school work).

Find a quiet place to spend time to reflect and appreciate the good things around you. If you have a religion, spend time in its practice/prayers, or even personal meditations. Here are some links that may help you: <https://www.stress.org/mental-health-apps>

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Find out how a FitOps program veteran remains calm during COVID-19, through ways like staying active and being socially connected: <https://www.foxnews.com/us/veterans-tips-on-keeping-calm-during-coronavirus-staying-safe>



Student Spotlight

National Guard  @USNationalGuard · Mar 20

The @NJNationalGuard has mobilized more than 150 members to support state and local authorities with the COVID-19 response efforts. Learn more about their response: ngpa.us/8539



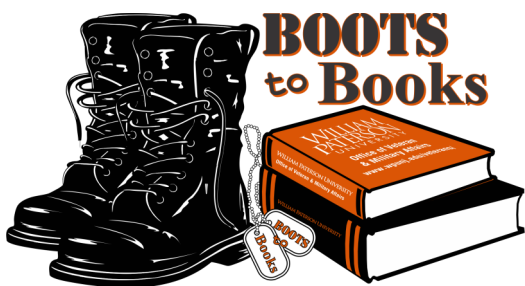
Our WP National Guard students are in our spotlight this month. Thank you for your service and work in support of the state's response efforts to mitigate the spread & impact of COVID-19.

What to do if you are called to active military service?

If you are activated during the COVID 19 pandemic, please e-mail your orders to the Coordinator of the OVMA, Silvia Barrera at: barreras1@wpunj.edu to assist in your transition from William Paterson University to active duty.

The Military Leave Policy can be found here: <https://www.wpunj.edu/veterans/military-leave-policy-student-bill-of-rights/>

If you require additional assistance, the Office of Veteran and Military Affairs is available and can be reached via email at VetMilitarySvcs@wpunj.edu or barreras1@wpunj.edu



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